

Springwood Public School



Week 3, Term 2, 2019
13-5-19

10 best phrases to teach resilience to your kids

1 

Goal
Humour

Phrase
"Come on, laugh it off"

2 

Goal
Contain thinking,
perfectionism and anxiety

Phrase
"Don't let this spoil everything"

3 

Goal
Distraction

Phrase
"Let's take a break"

4 

Goal
Handling worry and asking for help

Phrase
"Who have you spoken
to about this?"

5 

Goal
Offering hope

Phrase
"I know it looks bad now but
you will get through this"

6 

Goal
Positive reframing

Phrase
"What can you learn from this so
it doesn't happen next time?"

7 

Goal
Acceptance

Phrase
"Don't worry – relax
and see what happens!"

8 

Goal
Perspective

Phrase
"This isn't the end
of the world"

9 

Goal
Flexible thinking

Phrase
"You could be right. But have you
thought about ..."

10 

Goal
Taking action

Phrase
"What can we do
about this?"

2019 Calendar

TERM 2 –2019				
Week 3 – 13/05/19 P&C Meeting 7pm	14/05/19 NAPLAN	15/05/19 NAPLAN Stage 1 excursion payment due	16/05/19 NAPLAN BAND DAY!	17/05/19 NAPLAN
Week 4 – 20/05/19 Stage 1 Warragamba Excursion	21/05/19 Stage 1 Warragamba Excursion	22/05/19 SCHOOL PHOTO DAY	23/05/19 BAND DAY!	24/05/19 Stewart House Bags due
Week 5 – 27/05/19	28/05/19	29/05/19 Simultaneous Reading Day	30/05/19 BAND DAY!	31/05/19 WALKATHON!! Stage 3 Bathurst Excursion Deposit due
Week 6 – 3/06/19 WINMALEE CUP!	4/06/19	5/06/19	6/06/19 BAND DAY!	7/06/19
Week 7 – 10/06/19 Queen's Birthday PUBLIC HOLIDAY	11/06/19	12/06/19	13/06/19 BAND DAY!	14/06/19
Week 8 – 17/06/19	18/06/19	19/06/19	20/06/19 BAND DAY!	21/06/19
Week 9 – 24/06/19 P&C Meeting 7pm	25/06/19	26/06/19	27/06/19 BAND DAY!	28/06/19
Week 10 – 1/07/19	2/7/19	3/7/19	4/7/19 BAND DAY!	5/7/19 Kindergarten 100 days of school! LAST DAY OF TERM
TERM 3 –2019				
Week 1 – 22/7/19 Teachers Return Today	23/7/19 Student's Return Today	24/7/19	25/7/19 BAND DAY!	26/7/19
Week 2 - 29/7/19	30/7/19	31/7/19	1-8-19 BAND DAY!	2-8-19
Week 3 – 5/8/19	6-8-19 Year 3 Dental Visit!	7-8-19	8-8-19 BAND DAY!	9-8-19 ART SHOW!
Week 4 – 12/8/19	13-8-19 Stage 1 Featherdale Excursion	14-8-19	15-8-19 School Athletics Carnival	16-8-19
Week 5 – 19/8/19	20-8-19	21-8-19	22-8-19 BAND DAY!	23-8-19
Week 6 – 26/8/19	27-8-19	28-8-19	29-8-19 BAND DAY!	30-8-19



Springwood Public School

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In Darug and Gundungurra Country



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Monday 13th May, 2019

Hello everyone,

Welcome to Week 3 of Term 2. Our Parent interviews are in full swing, if you haven't organised an interview time as yet it is not too late, just hop on the website and book a time on www.schoolinterviews.com.au The unique school code is byfbw.

Our School Photo day is next week on Wednesday 22nd of May. Information flyers on how to order photos were sent home last week and also sent out on the Skoolbag App. Copies are also available in the office. It is a **winter uniform** photo so please dress your children accordingly.

Congratulations to all our students in Stage 2 who attended the excursions last week. The feedback was that they were wonderfully behaved and had an enjoyable and educational experience on both days. Reminder that the Stage 1 excursions to Warragamba are on next week and the deadline for payment and permission notes is this WEDNESDAY.

A big thank you to our P&C who organised a very thorough Mother's Day stall last week. We hope all our mums enjoyed the gifts and everyone had a lovely weekend. The next P&C meeting is on tonight, come along and join the discussions and have some lovely treats. Meeting begins at 7pm in the school staffroom.

Have a great week and stay warm! There are many items of lost property in the lost property box if you are missing jumpers, jackets, hats, lunch boxes, drink bottles, shoes....

Remind your kids everyday how special they are and how much you love them! Hug the ones you love and hold on for an extra second or two, it makes a world of difference.

Mr Mehmet

NOTES SENT HOME	FINAL PAYMENT DUE DATES
Stage 1 Warragamba Dam Excursion	\$20 payment due 15 th May
Stage 3 Bathurst Camp	\$50 deposit due 31 st May



National Simultaneous Story time is an annual event, each year a picture book, written and illustrated by an Australian author and illustrator is read simultaneously around the country.

We would like to invite grandparents, parents and family to attend our School National Simultaneous Story time

and “Mexican Fiesta” Book Fair.

Wednesday 29th May 2019



9.30 am Parents, Grandparents and family invited into classrooms to listen to the story by Matt Cosgrove **“Alpacas With Maracas”**

10.00 am Book Parade under Coolibah Hall

The school canteen will be open selling

Mexican BBQ corn	\$2.00
Tacos	\$5.00
Tea and Coffee	\$1.00

Please see attached timetable for Book Fair opening times

Regards Pauline Millar - Teacher Librarian

Sydney West Touch Football

On 6th May five Springwood students represented the Blue Mountains in the Sydney West Touch Football Tournament at Kingsway, St Marys. The students were Isabella Wilkinson, Isabella Ferguson, Phoebe De La Mare, Sumalee Radzki and Tyler Cavanough. Both the boys and girls teams performed very strongly and showed great improvement with each game of the nine round tournament. Our Springwood representatives were pivotal members of their squads and competed with commitment and enthusiasm during training sessions and on the day. A special mention to Sumalee Radzki who was selected for the Sydney West Rep. team to compete in the State Championships in Mudgee later in the year. Congratulations to our Springwood students for their achievements.

John Hugo and Steve Cross

Blue Mountains Girls and Boys Touch Football Coaches



NSWPSSA Knockout Round 3 (Boys)

Last Thursday (9.5.19) the senior boys' soccer team travelled out to St John's oval to play Mt Riverview PS. After starting the competition with 2 byes, the boys were eager to play their first game. The boys led at half time 1-0, showing some excellent passing down the wings and had some near chances saved by the opposition goal keeper.

In the second half, Mt Riverview came out strong and equalised to make the score 1-1 at full time. Springwood defended extremely well and limited Mt Riverview to very few clear chances.

The boys went into extra time knowing we were down on corners, meaning we needed to score to win. In the final minute of extra time, Lachlan Hurley gathered a rebound just outside the box. He dribbled past 2 players and hit his shot hard and low, which found the bottom corner!

Springwood held on to win 2-1!

I was extremely proud of the boys' effort, they did not stop running and working hard for each other and thoroughly deserved their win.

Mr Cross



Front: Max L (Sick: Lachie S)

Middle: Max C, Felix M, Lachlan H

Back Row: Angus B, Alex H, Noah L, Seb A, Will F, Noah W, Tyler C, Jett A, Ephraim T, Oliver P

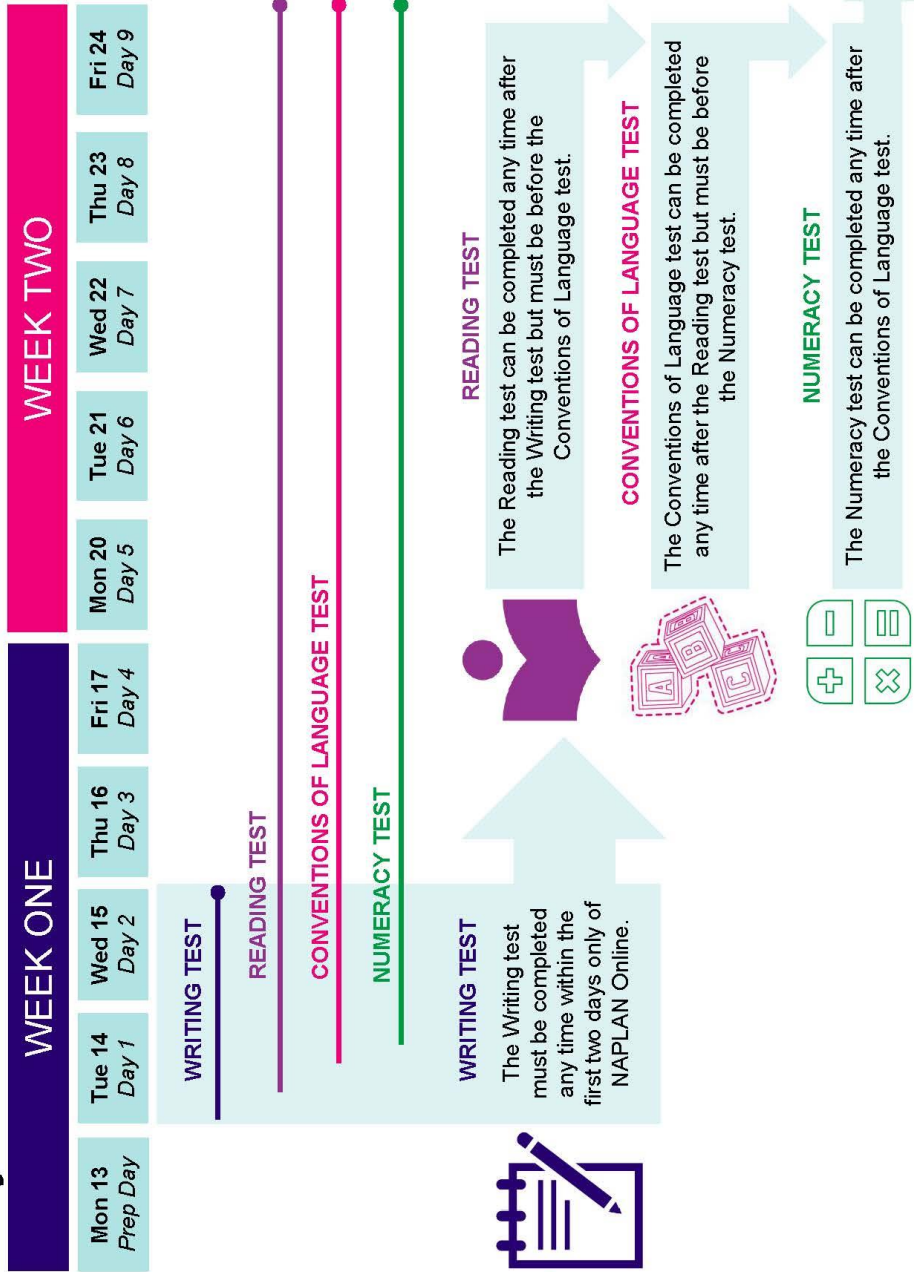
NAPLAN 2019

Year 5 this week (Week 3)

Year 3 next week (Week 4)

NAPLAN Online Test Schedule

May 2019





Next P&C Meeting – Tonight, Monday 13th of May, 7pm in the school staffroom. All invited, treats supplied!

The P&C will also be putting on the Federal election BBQ on the 18th May, so will need some volunteers for that from 8am-2pm, there will be a sign up link coming in the next few days.

Scholastic Australia Book Club

Firstly, my sincere apologies to those who received their Issue 2 orders after the holidays. There was a hitch with the delivery and some classes had to wait. Issue 3 brochures have now been distributed and there are many fun activities plus hundreds of great books for every age group and reading level. Please order using the online LOOP system by **Monday 13 May**.

Many thanks and happy reading!
Tonje Akerholt 😊
Scholastic Book Club Coordinator

REMINDER

News from “The Hub”

“The Hub” is Springwood Public School’s Learning and Support Space. Throughout the week students utilise this space for a range of purposes.



Mrs Manion will be running a parent information session for parents and carers who are interested in learning more about how to make best use of Home Reading time.

Although this session will target Kindergarten parents and carers many of the strategies and techniques can be transferred to older students and therefore any member of the school community is welcome to attend.

When: Tuesday 14th May at 3:30-4:00pm

Where: KE (Miss Excell’s room)



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Mug

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Image size
4.5 x 6.5cm

Gift Pack
Calendar
Bookmarks
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*All image sizes are approximate.

Springwood Public School

Primary Ethics Volunteers Needed

Dear Parents and Carers,

We are seeking volunteers to be ethics teachers.

Ethics classes are available as an option for children who don't attend scripture. They aim to support children in developing skills in critical and logical thinking, respectful discussion and how to support their arguments with evidence.

You will receive training which includes a two day workshop and short online modules. Lesson materials are provided. If you have an interest in developing kids' critical thinking skills and are available once a week during the school term, then this is for you!

Volunteer teachers are also needed at public schools across the Blue Mountains, so if you have a relative or friend in the region who may be interested, please encourage them to apply. Teacher training is planned for June 29 and 30 in Katoomba, so now is a great time to join!



More information

For more information about Primary Ethics please visit www.primaryethics.com.au where you can apply online. If you want to find more about the role, you can also speak to the Blue Mountains Regional Manager for Primary Ethics Andrew Baron on 0414 264 737 or email bluemountains-region@primaryethics.com.au